



Calcium

Are you getting enough?

Why is calcium so important?

A diet rich in calcium is important for keeping bones strong. It is recommended that adults with coeliac disease have at least 1000 milligrams (mg) of calcium each day.

Don't worry if you don't reach the recommended intake every day, it is far better to think about how much calcium you have over a number of days. Eating a wide range of foods that are good sources of calcium will help you meet your requirements.

Very good sources of calcium that can be included on a gluten-free diet

Dairy foods such as milk, yoghurt and cheese are good sources of calcium. Non dairy sources of calcium include dried fruit, nuts, beans and green vegetables.

Watching your weight?

Low fat dairy products contain just as much calcium as full fat versions so try to choose semi skimmed or skimmed milk and low fat yoghurt and cheese.

What if you are following a gluten-free and vegan diet?

If you are following a gluten-free and vegan diet, soya milk that is enriched with calcium is a good alternative to cows' milk. Also, try to eat a range of other foods like green vegetables, beans and figs.

Milligrams (mg) of calcium in a range of foods

Food per serving	Amount
Skimmed milk, 200ml	248mg
Semi skimmed milk, 200ml	244mg
Calcium enriched milk alternative eg soya/almond milk*, 200ml	240mg
Tinned sardines with bones, ½ can drained (42g)	230mg
Cheddar cheese, 30g	220mg
Canned rice pudding*, ½ can (200g)	176mg
Sesame seeds, 2 teaspoons	170mg
Pot of yoghurt*, 125g	170mg
Fromage frais*, 2 x 47g pots	140mg
Pot of soya yoghurt*, 100g	120mg
Kale, 3 tablespoons (80g)	120mg
Baked beans*, ½ tin	105mg
Kidney beans, 120g	85mg
Dried figs, 30g	75mg
1 orange	70mg
Almonds, 30g	70mg
Gluten-free bread*, 2 slices	70mg
Broccoli, 3 tablespoons (80g)	32mg
Dried apricots, 30g	30mg

*Check your Food and Drink Directory for suitable products.



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Gluten-free and lactose intolerant?

Try to eat a wide range of non dairy calcium rich foods such as green vegetables, sesame seeds, kidney beans, sardines, nuts and calcium enriched milk alternatives.

Top tips

- When you open canned fish like sardines, don't discard the bones. These are a great source of calcium and can be mashed into the fish.
- Try snacking on dried fruit, such as figs and apricots, sesame seeds and nuts. These are all good sources of calcium and are naturally gluten-free.
- Milk on your breakfast cereal is a great way to get some calcium at the start of your day.
- Add green vegetables to your meals. Broccoli, cabbage, curly kale, green beans and watercress are all good sources and three heaped tablespoons of green vegetables counts as a portion towards your five a day.

Suggestions for meeting a calcium intake of at least 1000mg a day:

Breakfast

- Add a handful of dried figs to your breakfast cereal, 75mg
- Have milk (125ml) on your breakfast cereal, 150mg.

Mid morning snack

- Have a pot of yoghurt, 170mg.

Lunch

- Make a sandwich with two slices of gluten-free bread, 70mg
- Add a matchbox sized piece of cheddar cheese, 220mg.

Evening meal

- Add a serving of broccoli, 32mg
- Finish off with half a can of rice pudding, 176mg.

Late evening

- Have a glass of milk (200ml), 250mg.

What about supplements?

If you are unable to get all of the calcium you need from your diet and your calcium levels are low you may need to take a calcium supplement. For specific advice about supplements talk to your GP or dietitian.

Adults with coeliac disease should have at least 1000 milligrams (mg) of calcium each day.

This information is for guidance only and should not replace advice given by your healthcare professional.

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Registered Number 3068044. Registered Charity Number in England and Wales 1048167.

Registered Charity Number in Scotland SC039804.

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